Good Advice for Rheumatic Patients.

"By hygenic living you cannot eradicate your rheumatism, but you can most assuredly so control it that your existence will be almost free from its torturing pains." That is what Dr. Leyden, of the University of Berlin, said to an American recently. To Dr. Leyden he had gone as the leading authority on rheumatism in Europe, and after having been told by many physicians that he must grin and bear his affliction with all the philosophy he might, when hope and the efficiency of drugs ebbed low, the German's opinion seemed almost too good to be tru .

"We don't give any medicine in such cases as yours," said the doctor. "What you need is diet and exercise, and plenty of both. The rheumatic who lives a sedentary life and feasts daintily is bound to come to a very bad end. Hearty, frequent, well chosen meals and much bustling about in the open air are absolute essentials to a cure.

The prime cause of rheumatism is indigestion, and, though you may eat prodigious meals, f your stomach does not a -similate what is given it you are quite as poorly nourished as the man who gets but a crust a day. As to what you can let their prison chains!

I'd like to hear my victims shrick an clank their prison chains!

I'd like to face the enemy with gaze screne an cool. you must deny yourself heavy, dark flesh. Under this head is itemized mutton, venison, goose, and anything that is cut off a pig. Devote yourself to chicken, lamb, game, sweetbreads, brains, and the more delicate fish, when simply cooked and served without rich sauces. Avoid lob-ster and crabs and every fried fish, but

enjoy oysters and clams.
"Of vegetables never touch tomatoes, cucumbers and all salads that have a vinegar dressing, for an inadequate stomach is busy manufacturing more powerful acid than the system can endure. Eat lightly of potatoes, dried beans or peas, and raw onions, but let yourself indulge freely in green beans and peas, carrots, turnips and well-cooked greens. For all the starch your body needs rice is the proper source of supply. An abundance of well-cooked rice is worth all the bread and beans and potatoes put together.

Strawberries, raw pears and raw apples are cut off from the rheumatic, however wholesome they be for others, and, strangely enough, where grape or orange juice will set a man's joints to throbbing, he can help himself safely and freely to lemon and lime juice. A divine healing quality is found in the acid of both these fruits. There is but one sentence to cover the use of sugar: Don't eat it in any form whatsoever. Americans made the best sweetmeats in the world and suffer most cruelly from the

"Almost as sweeping a denunciation may be made of all liquids save water and milk. Heer, claret, port and champaign act as a sort of poison on the rheu-matic system, and though whiskey and brandy, gin and rum are not so injurious, if taken sparingly and at long intervals, they are best abjured and water and

milk substituted. "In the past ten years mineral waters have been consumed in enormous quanti-ties by rheumatics in the belief that they afford especial aid, and they are efficaci-ous, chiefly, though, from the fact that they are very pure, and that the use of them induces a patient to imbibe an un-usual quantity of sweet cleansing liquid. "I am willing to say that where miner-

al waters are not easily obtained any tary effect on the system. It must be pure, however, and filtered, if there are any doubts about its cleanliness. This any doubts about its cleanliness. This liquid, taken slowly, in small tumblerfuls, and for the most part between meals, will largely serve the purpose of mineral water. Not more than a tumblerful is wholesome at each meal, and it is best not to take the water just before or after eating or on getting into bed.

"A rheumatic must be nourished, and most especially one who has a languid appetite. Three meals a day are not enough for such a patient. Between breakfast and lunch and between lunch and dinner a fresh egg, beaten up in sweet, fresh milk, is an excellent stimu-lant, more valuable than all the milk punches ever devised.

'All these reasonable courses do not lead to a cure, though, unless exercise that is regular and never stinted is taken every day. First of all, don't pretend to try for athletics or violent motion of any kind, since it is just as injurious to strain the aching limbs as to let them lie inert.

"For example, when rheumatism attacks the knees, to swim, to bicycle or play golf simply overtaxes the tortured nerves and muscles, but if you will take a cane and walk quietly for a mile or two, or if the weather is dry take your gun and go prowling through fields and woods in search of game, or, lacking interest in that, try to cultivate a taste for hunting botanical and entomological specimens, the exercise then serves as a tonic. The main point is to use the muscles regularly. In wet weather bedroom gymnastics serve as an excellent substitute for the more intelligent outdoor pleasures, but only in wet weather. Care must be taken never to exercise so violently that any danger is incurred from cooling off too suddenly.

"The average American puts considerable faith in baths, and naturally prefers the stimulating cold water. This is well enough when the twinges are not severe and the joints not swollen. In violent attacks of rheumatism it is most essential to avoid cold water and substitute a hot daily bath, dissolving in the water a piece of sulphur as big as a hen's egg. Such a bath may not seem so invigorat-ing as the cold water, but if taken rapid-ly, followed by brisk toweling, with no sudden after-exposure for an hour or two to any cold air or draughts, the hot dip is as bracing as the cold.

"Last on the list of aids to the rheumatic is massage. It is one of the few real aids to relief in severe attacks. Amateur rubbing is often of as great in-jury as genuine help, but a good Swedish masseuse can help an invalid over the hardest places, and really help to tone

up the system. "A rheumatic must, moreover, submit to the unpleasant bondage of flannelsnot the thick swathings that the patient American, in his steam-heated house, dutifully puts on in October and wears until the 1st of June, but close, light-weight flannels, and in so changing a climate as that of the Northern States every rheumatic should own several sets of flaunels of various degrees of weight.
These must be shifted off and on as the thermometer rises and falls, so that at no time need the body be exposed or overclothed, but invariably carefully protected. This is the whole tactics of war against rheumatism, and it's the only way that modern science can assume to battle such a dire enemy to human wellbeing."—[New York Sun.

I Got to Go to School.

I'd like to hunt the Injuns'at roam the bound less plain!
I'd like to be a pirate an' plow the raging An' capture some big island, in lordly pos p to rule;
But I jest can't be nothin', 'cause I got to go to school.

'Most all great men, so I have read, has been the ones 'at got The least amount o' learnin' by a flickerin' pitch pine knot; An' many a darin boy like me grows up to be a fool, An' never 'mounts to nothin', 'cause he's got to go to school.

I'd like to be a cowboy, an' rope the Texas I'd like to be a sleuth houn', er a bloody An' leave the foe to welter where their blood But how can I get famous? 'cause I gotto go to school.

don't see how my parents kin make the big

an' cool.

An' wipe 'em off the earth; but, pshaw! I got to school.

What good is 'rithmetic an' things exceptin'
jest for girls.
Er them there Fauntleroys 'at wears their
hair in twisted curls?
An' ef my name is never seen on histry's
page, why, you'll
Remember 'at its all because I got to go to
school.

school. -[Nixon Waterman in L A W Bulletin.

The Origin of Some Nursery Classics. In a recent number of Lippincott's Agnes Carr Sage tells of the origin and history of some famous nursery stories and rhymes. Of Bobbie Shattoe she says: Robert Shaftoe, E-q., belonged to an old and respected family in the north of He dwelt at Whitworth, county of Durham, where he was known as "Bonny Bobby." and his portrait represents him as young, handsome and with yellow hair. I fear the blond youth was a gay deceiver, for who knows but it was poor little Miss Bellayse of the estate of Brancepeth who first sang-

Bobby Shaftoe's gone to sea, With silver buckles on his knee; When he comes back he'll marry me-Pretty Bobby Shaftoe!

But, alas, he never did, and, if report be true, the young heiress pined away and died for love of him, while he wedded a Miss Anne Duncombe and left her a widow less than three years later.

There, too, was lank and lean Jack Spratt. It seems thathe was no less a personage than an archdeacon, and the ingle anent him and his wife has been in vogue for two centuries or more. It

Archdeacon Pratt would eat no fatt, His wife would eat no lean; 'Fwirt Archdeacon Pratt and Joan his wife, The meat was eat up clean.

But none is to me more interesting than The Pleasant History of Jack Hor-ner, Containing His Witty Tricks and Pleasant Pranks, for so is entitled a very old chap-book, carefully preserved in the Bodleian Library.

abbott of Glastonbury, hearing that his majesty Henry VIII. had expressed much later had it before them at quite a differindignation at the monks flaring to build a kitchen which he could not burn down, attempted to appease him. For this purpose he dispatched his steward, pure water, taken at the rate of two or Jack Horner, to present the sovereign three quarts a day, has an equally salu with a suitable bribe. It took the form twelve manors-truly a rich and "dainty dish to set before a king." But Master Jack had an eye out for "number one," and en route he lifted the crust and slyly abstracted the deed of the manor of Wells, which, on his return, he informed the abbott had been given him by King Hal. Hence the rhyme:

Little Jack Horner
Sat in a corner [of a wagon],
Bying his Christmas-pie;
He put in his thumb
And pulled out a plum [the title-deed],
Saying, "What a brave boy am 1!"

Humpty Dumpty, although remembered by a riddle-rhyme the answer to which is "an egg," is said to have been a bold, bad baron who lived in the days of King John. So, too, the pathetic story of the Babes in the Wood is founded on an actual crime committed in the fifteenth century. The whole history carved on a mantle-shelf may still be seen in an ancient house in Norfolk.

Nursery tales are, as a rule, more imaginative than nursery rhymes, and the majority had their birth and being in the folk-lore and myths of various nations during the early dawn of the ages, when half the world talked in metaphors and parables. Who does not know that Cinderella was really the Egyptian maiden Rhodope, who lived 670 years before Christ, and whose tiny sandal was borne off by an eagle as she was bathing in the river? Wise bird, that, to drop the wee shoe right into the lap of King Psammetichus, thereby so exciting the royal admiration and curiosity that he could not rest until the small-footed owner was discovered and made his queen. But the cruel stepsisters are comparatively modern improvements, who made their debut about the time the eagle was transformed into the fairy godmother and Rhodope became the German's Aschenputtel or little cinderwench. Tom Thumb carries us back to the romantic age of King Arthur and the Knights of the Round Table, when very small dwarfs were by no means unknown, but were kept as pets and play-

things by the wealthy.

The one single contribution of note that America has made to this neverdying literature of childhood is the true story of Mary and Her Little Lamb. Perhaps it is because of its truth that it has taken such a strong hold upon the popular fancy, for some of the verses are crude enough, written as they were by young John Rollston, a boy student at the same Massachusetts school attended seventy years ago by Mary and her de-voted pet. But the poem was completed long after the demise of the sheep, by Mrs. Sarah Hall, a quite celebrated author. That its admirers are legion was shown at a fair in Boston, as many will remember. A stocking knitted from the woven fleece of the famous lamb was raveled out and pieces sold with the autograph of Mary, then an aged lady, attached; and so great was the demand that \$140 was thus won for the Old

### South Church. Bucklen's Arnica Salve.

The best salve in the world for cuts, bruises, sores, ulcers, salt rheum, fever sores, tetter, chapped hands, chilblains, tively cures piles, or no pay required. It is guaranteed to give perfect satisfaction or money refunded. Price 25 cents per box. For saleby Flint Bros. corns, and all skin cruptions, and posi-

The Theory of the Kindergarten

It was through his observation of real, living children at play that Proebel dis-covered his child-garden, with its games and gifts and occupations. Everything which he offers as a means of education is in response to some discovered need and interest of childhood. He was the the first to divine the significance of the imitative plays of children, and his insight is embodied in his famous dictum, "What man tries to represent that he begins to understand."

In its best estate the kindergarten is the place where genuine natural child-life is guarded and preserved. The simple kindergarten gifts, appealing to the child's natural desire to construct, are in delightful contrast to other gifts made indiscriminately in the home. The little box of blocks, which contains in its eight O' keepin' down a boy like me, 'at's got a name to make!
It ain't no wonder boys is bad, an' balky as a mule;
Life ain't worth livin' if you got to waste your time in school.

parts a table, a bed, a chair, a sofa, or maybe a house, is a revelation of the possibilities hidden in common things. Frobel has apply called his first building gift be child's joy.

It must never be forgotten that play is parts a table, a bed, a chair, a sofa, or

It must never be forgotten that play is the child's serious business, and it is through the unregulated activity of free play that children are gradually guided to regulated activity. The very mim-icry of play is an earnest expression of the child's first feeble efforts to help in the real work of the world; a fact parents overlook when a child's help seems "of more bother than it is worth." Through legitimate and happy doing the path leads to self-expression and self-mastery. When the normal play activi-ties of children are considered in determining the exercises of the kindergarten, then it is a place of genuine effort. It was the wise Quintilian who said that he could not hope for much diligence later when a boy was not diligent at play. - [Lucy Wheelock, in Woman's Home Companion.

Club Women and Club Work.

An impression gained at the Denver meeting of club women related to the appearance and voice of the speakers heard there. In many who addressed audiences through that eventful third week of June there was room for improvement in both

Thin throaty voices, or naturally good ones impeded or spoiled by tight dresses and too snug collars, or faultily pitched, were heard more often than they should have been, or will be when voice-culture s properly valued by club women.

To stand, while speaking, with ease to one's selt and satisfaction to one's listeners is by no means a minor consideration, and ought certainly to be regarded by the woman who finds herself often on the club platform.

What to wear, too, when facing an audience, may with propriety be considered from the point of view of those who will look as well as listen. A witty wo-man once urged, at a club breakfast, the creation, in the sisterhood, of a club milliner-one who should provide the bonnets of the presiding officer, suited to "long-range inspection." She pointed out, amid much laughter and with great truth, that a head-gear that was becom-ing and acceptable to its wearer looking It appears, so runs the tale, that an in the mirror of her dressing-room was often an eyesore to the company which ent angle of vision.

Like the bonner, the gown also deserves some thought regarding its effect beyond the foot-lights, so to speak. Much detail of trimming, pronounced effects of

These matters may seem non-essential, and they are indeed secondary to the vital fact that a speaker must have something to say first of all, but they have nevertheless a distinct value. too, are so quick to respond to the exigences of an occasion or a condition, they are likely, as they continue to be heard more and more in public, to show their appreciation that such is the case. -[Margaret Hamilton Welch, in Harper's

## Free Guide Book.

A very handy and comprehensive Guide to Boston has just been published by the Mechanics Fair Committee and is being eagerly sought by intending visitors to the Exibition, as well as by others who contemplate a trip to the metropolis. The book is up-to-date, with readable descriptions of Boston's most notable points and objects of interest, and will

be found very handy for reference.

The big building of the Massachusetts
Charitable Mechanic Association on Huntington Avenue is rapidly being pre-pared for the exibition which will open October 10th and which will undoubtedly prove the most important and inter-esting ever given by this organization. The Committee has decided that any-

one sending a two-cent stamp to Henry D. Dupee, Secretary, Mechanics Building, Boston, will receive by return mail a copy of this valuable little guide-book free of

## STATE NEWS.

Death of Wm. Henderson. William H. nderson, one of Burlington's

most esteemed citizens died Wednesday, Sept. 7 at the age of 73 years. He was born in Dublin, Ireland, May 4, 1825, of Scotch-Irish parents, and came to this country in 1846.

Mr. Henderson was a genial, whole souled man of great popularity with all classes of people with whom he came in contact. He was a man of pronounced convictions and he abhorred deception and dishonesty no matter what its form might be. During his long and honorable business career he retained the respect and esteem of the entire community, and his death will be sincerely mourned by a wide circle of friends.

Reunion of the 14th Vermont. The ninth reunion of the 14th Vermont regiment takes place at Vergennes today. After a business meeting the association will be addressed by Councilor Burton W. Potter of Worcester, Mass. A campfire will be held in the evening, with an address by Col. G. G. Benedict of Burlington. The monument of the association is to be dedicated at Gettysburg between October 10 and 15, and a number of members are making plans to go. The round trip will cost \$13, and the excursion will start from Rutland.

Melvin Austin, who lives about three-quarters of a mile from the village of Weston, had his barn destroyed by fire Wednesday night about midnight, together with 22 cows, two horses, 50 tons of hay and all of his grain. The loss is estimated by Mr. Austin to be about \$3500, with no insurance. The cause of Faithful For Thirty Years.

The Spencer correspondent of the Springfield Republican tells the following romantic story: "John William Belcher of Chicopee Falls and Miss Emma L. Ward of Brattleboro, Vt., were quietly married Tuesday by Rev. F. E. Heath of the Baptist church at his residence on Grove street. Miss Ward has been living with her sister, Mrs. Wallace Smith, on Pleasant street. They will live in Chico-pee. A romance of 30 years' standing is said to be connected with the marriage. Mr. Belcher wished to marry Miss Ward when he was 30 and she was 16, but her parents objected to the marriage on account of ber youth. Both remained faithful, and at last their marriage was made

The Vermont State Teachers' Associ-Montpelier, Sept. 29, 30, and October 1 Eminent speakers and educators have been secured and the meeting promises to be the best ever held in the State. Railroads will extend the usual courtesies and board in Montpelier will be turnish- last Wednesday at Starksboro.

containing program will be sent to school officers and teachers.

C. R. Noble and N. L. Sheldon, executors of the estate of the late Albert Whitcomb, have made their final settlement of the estate. The amount of the residue, \$22,000, goes to the town of Stockbridge for a poor fund; \$30,000 has been paid to the Bethel graded school district, the income to be used for current expenses, \$20,000 to the town of Stockbridge for a school fund, and about \$25,000 has been distributed in smaller bequests.

Paul, the adopted son of Mr. and Mrs. C. D. Williams, of Randolph fell from a ra't on the Branch Sunday Sept. 4, and was drowned. He clutched some grass roots and did not rise to the surface so his companions were unable to rescue hlm. ation will hold its annual meeting at | The waver is some 15 or 20 feet deep at the place of the accident. The deceased was about 17 years of age and his untimely end comes as a great shock to his com-

D. H. Orvis was chosen representative





Largest Stock of Gold, Silver, and Nickel Rim Glasses in the State.

CHAS. E. SIMANTON, OPTICIAN.

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They always have a good Fair and this year it is to be better than ever before. There will be the best exhibit of Horses, Cattle and small animals to be seen in

# SEPT. 21 and 22.

this section. The \$650.00 in purses will draw the fastest trotting horses. It will be an old-fashioned Fair with plenty of new attractions. Better go.

FAIR.

# NATIONAL LIFE INSURANCE CO.

Since January 1, 1898, has paid \$5,000 Each Day); adding to its The War is Over.

assets in the same period more than \$500,000.00 and writing \$6,326, 000.00 of new insurance, closing the

half year with \$78,320,291 80 of nsurance in force.

W. W. SPRAGUE, General Agent, St. Johnsbury, Vermont.

# MATTRESSES.

rest these hot summer nights be sure you are sleeping on one of our superior hair mattresses.

If your own mattress is hard and full of bunches send it to us and we will renovate it in short notice.

Full Line of Furniture, including Iron and Brass Bed-

N. R. SWITSER.

steads, Easy Chairs, Tables, Chamber Pieces, Book Cases, Summer Goods, Refrigerators,

The Best Tablet in the World for 5 cents at

FIELD & ROWELL'S.

Probably that's not news to you, nor, if you keep your eyes and ears open, is it news to you that we are the real estate headquarters of this section.

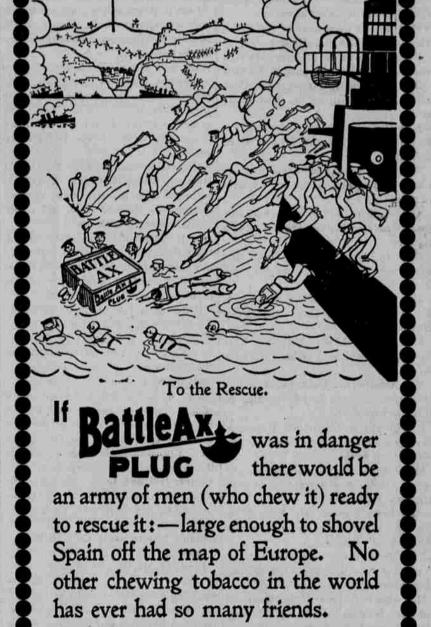
But these two facts are important to you. For better times are coming sure - they always have after war, and history is about to do its customary act of repetition-and the way to invest your money safely is by buying real estate.

Therefore, as war prices still prevail, the time to buy is NOW. We can sell you real estate which will net you six to fifteen per cent on your investment. The prices are all at rock bottom, and you cannot lose.

If you are looking for a farm, come to us. We have them from \$6,000 down to almost nothing. If you have property you wish to exchange for another kind, we can hit you there.

In fact, no matter what sort of real estate you have or want, the place to go is Half Way Up and Half Way Down

on the "Wrong Bide" of Enstern Ave. RICKABY & CO.



Remember the name when you buy again. <del>00000000000000000000000000</del>



# FARM FOR SALE.

The Stone farm situated on the east side of the Passumpsic river, about 1½ miles from the village of St. Johnsbury and opposite the +air Ground. This farm contains about 125 acres of land in an excellent state of cultivation, good buildings suited for two families, etc. Will be sold at a bargain and on easy terms. Apply on the premises to

A. M. STONE, St. Johnsbury, Vt.

Probate of Will.

MARIA M. MCKINDLEY'S ESTATE.

STATE OF VERMONT, Caledonia District, ss, in Probate court, held at the Probate office in St. Johnsbury, within and for said district on the 29th day of August, A. D. 1898.

An instrument purporting to be the last will and testament and one codicil, of Maria M. McKindley late of Barnet, in said district deceased, being presented to court by George P. Blair, Custodian for probate:

It is ordered by said court that all persons concerned therein be notified to appear at a session of said court, to be held at the Probate office in St. Johnsbury on the 19th day of September, A. D. 1898, and show cause, if any they may have, against the probate of said will; for which purpose it is further ordered that a copy of the record of this order be published three weeks successively in the Caledonian, printed at St. Johnsbury, previous to said time appointed for hearing By the Court, Attest:

WALTER P. SMITH, Judge.

A true copy of record, Attest.

WALTER P. SMITH, Judge. MARIA M. MCKINDLEY'S ESTATE.

## IN BANKRUPTCY.

DISTRICT COURT OF THE UNITED STATES FOR THE DISTRICT OF VERMONT.

THE DISTRICT OF VERMONT.

In the matter of Edward C. Frost, bankrupt, in bankruptey.

To the creditors of said Edward C. Frost
of Lyndonville, Vt. You will please take
notice that the first meeting of the creditors
of the said Edward C. Frost will be held on
the 21st day of September instant at 10
o'clock in the forenoon at the office of W. P.
Stafford in St. Johnsbury, County of Cale
donia and District of Vermont, for the purpose of appointing one or three trustees of
said estate, according to Sec. 44 of the New
National Bankruptcy Law now in force, and
to do any other business proper to be done
at that time under said law.

ROSWELL FARNHAM,

ROSWELL FARNHAM, Referee in Bankruptey. Bradford, Vt., Sept. 6, 1898.

Presentation of Account. BETSEY H. MCLAUGHLIN'S ESTATE.

BETSEY H. McLAUGHLIN'S BSTATE.

STATE OF VERMONT, Caledonia District, ss.
In Probate Court, held at the probate office in St. Johnsbury, in said district, on the 29th day of August A. D. 1898.

George P. Blair, Administrator upon the Estate of Betsey H. McLaughlin late of Peacham in said District, deceased, presents his administration account for examination and allowance, and makes application for decree of distribution and partition of the estate of said deceased.

Whereupon, it is ordered by said court, that said account and said application be referred to a session thereof, to be held at the Probate office in said St. Johnsbury, on the 19th day of September, A. D., 1898, for hearing and decision thereon: And it is further ordered that notice hereof be given to all persons interested, by publication of the same three weeks successively in the Caledonian, a newspaper published at St. Johnsbury, previous to said time appointed for hearing, that they may appear at said time and place, and show cause, if any they may have, why said account should not be allowed and such decree made.

By the Court, Attest:

WALTER P. SMITH, Judge.

## CONVENT OF NOTRE DAME,

St. Johnsbury, Vermont.

Classes open September 5. Classical and Commercial Courses, Vocal Culture, Organ, Piano, Harmony, Typewriting, Crayon, Water Color Paiuting, Drawing, and Plain Needle Work.

Every facility is offered to young ladies for acquiring a thorough and accomplished education.

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## For Sale

Three Cheap Homes at \$850, \$900, \$1000. A medium priced Cottage on Spring St., another on Cliff, another near Follansby and Peck's Mill. Bargains in Farms.

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